

# exercise class programme

## Crowborough Leisure Centre

Accurate as of 24/05/2026

### Times for Monday 25 May



Time	Session	Instructor	Level
9:15 am - 10:00 am	Aqua Aerobics	Matthew	
9:15 am - 10:15 am	Body Pump	Mandy Warner	
9:30 am - 10:30 am	Strength & Conditioning	Gym Team	all levels
9:30 am - 10:30 am	Freedom Indoor Cycling	Jean-Paul	
10:30 am - 11:30 am	Yoga	Grace	
10:30 am - 11:30 am	Zumba	Benita	all levels